

# High Fiber Chocolate Bites

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Yield: 12 fiber bites

## Ingredients:

- ¼ cup rolled oats
- 1 cup dried prunes
- 3 tablespoons nut butter
- 1 tablespoon honey
- 2 tablespoons unsweetened cocoa powder
- 1 scoop chocolate protein powder
- ¼ cup mini dark chocolate chips



## Directions:

1. In food processor, blend oats until the texture is that of flour, approximately 90 seconds.
2. Add prunes, nut butter, honey, cocoa powder, and protein powder to food processor. Pulse until combined throughout (add water if mixture is too crumbly).
3. Once mixture adheres to itself, fold in mini chocolate chips until scattered throughout.
4. Begin rolling the dough into 1-inch balls. Refrigerate for 30 minutes before serving. Enjoy!

## Nutrition Information per serving (1 fiber bite):

Calories: 85, Total Fat: 3g, Saturated fat: 1g, Sodium: 5mg, Cholesterol: 0g, Carbohydrate 12g, Fiber: 2g, Added Sugar: 3g, Protein: 3.5g

\*Nutritional information will vary depending on type of protein powder and nut butter used

Adapted from: <https://www.laurafuentes.com/high-fiber-chocolate-bites/>

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